

**GMM Physical Activity Team Meeting Agenda**

**Thursday, August 14, 2014**

**Meeting Minutes**

**In attendance:** Lisa Beczkiewicz, Steve Gaskill, Amanda Andrews, Keri McHugh, Jim Conkell

**Long term goal:**

To increase all students’ physical activity levels to include 50 minutes of moderate – vigorous activity per school day through active transportation, zero hour school activities, during school classroom instruction, active recess and after school activities.

**Short term goals:**

2014 – 2015: Increase physical activity by 10 minutes a day

2015 - 2016: Increase physical activity by 25 minutes a day

2016 – 2017: Increase physical activity by 35 minutes a day

2017 – 2018: Increase physical activity by 50 minutes a day.

**Update on LM!M Active Schools:**

1. CDC grant application for Let’s Move! Missoula Active Schools submitted in July.
2. Other potential funding sources LM!M leadership team, Blue Cross Blue Shield, Pacific Source, Allegiance and local businesses.
3. Send LM!M Active Schools update letter to all MCPS principals.
4. Need to assess student awareness, participation and ideas with the goals of LM!M Active Schools and GMM. We have an opportunity to host U of M Community Health undergraduate and graduate students with HHP professor Annie Sondag. The students are able to participate in the Body Mass Index surveillance program and conduct student focus groups at the schools this fall with district approval. Create a proposal.
5. Send SQORD proposal to Joyce D. at St. Patrick hospital.
6. Discuss the need for outreach coordinators to community groups. Create a “how to list” with what the program is and what is needed to support it for local business, especially health clubs outreach. Communicate this need with the LM!M Active Kids Coalition.

**Short Term Action Plan:**

AUGUST

* Principal letter – Steve and Lisa
* Joyce letter - Lisa
* Proposals for take 10, active recess, BS run club - Lisa
* Brain breaks start website development at University of Montana - Steve
* PA procedure – Lisa and Amanda
* Set up monthly meetings – Lisa and Steve
* Develop LM!M Active Schools program matrix’s :
  1. Volunteers and staff
  2. Equipment needed
  3. Dates/days times
  4. Number of students
  5. Evaluation tools / process

SEPTEMBER

* Meet with principals- discuss with Heather - Lisa
* Look for funding- BMI data report - Lisa
* Go to elementary open houses:
  + Paxson- Miriam?
  + Hawthorne- Amanda
  + Russell- Y staff
  + Laptop power presentation - Steve
  + 5210 brochures - Lisa
  + Open house dates – Lisa
  + Ask Heather about other GMM teams at open house. - Student wellness subcommittees – Lisa
  + Set up student focus groups at the schools – Lisa
* Prep for MEA presentation in October – Steve and Lisa

OCTOBER

* Launch before school run club, take 10, Scord (with training) – Steve and Lisa
* Active recess- Keri to develop a matrix
* Focus groups- Community Health students
* Present at MEA – Steve and Lisa

NOVEMBER

* Take 10 training- Steve and Lisa
* Focus group – Community health students

Complete 2014 -2015 school year action plan at next meeting.

**Next meeting is Tuesday, September 9, 2014**

**Location TBA**